



Great American Smokeout: **Quit Tobacco for Good!**

The **Great American Smokeout**, sponsored annually on the third Thursday in November (November 19, 2009) by the American Cancer Society, challenges people across the nation to stop using tobacco and raises awareness of the many effective ways to quit for good.

- Tobacco use is the leading preventable cause of death in the U.S. (approximately 438,000 according to the CDC) It causes 14,500 to 14,800 premature deaths annually in Michigan, and between 1,340 and 2,390 deaths due to secondhand smoke exposure. Heart disease, cancer, stroke and COPD are the four leading causes of death in Michigan, all associated with smoking.
- An estimated 20.6% (46.0 million) of U.S. adults were current smokers in 2008. Approximately 20.4% of Michiganders smoke according to the 2008 Behavioral Risk Factor Surveillance Survey. According to the 2008 Community Health Assessment Report for Jackson County, 29.5% of city residents and 26.7% of county residents (does not include city residents) indicated they smoke. These numbers are based on a random telephone survey of approximately 1033 Jackson County residents.

Research shows that quitters are most successful when using a combination of therapies, including such things as nicotine replacement, counseling, self help materials and a strong support network of family and friends. Tobacco cessation resources include:

RESOURCES

For more information on the Great American Smokeout, [click here](#). Additional resources are available below.



► Jackson Tobacco Reduction Coalition – (517) 768-2131

Free information and resources including Quit Kits, smoke-free restaurants and worksites list, and local cessation program information is available. For information on medication resources for quitting tobacco, please call (517) 768-2131.

► Allegiance Health Tobacco Treatment Services – (517) 788-4707

A trained counselor offers Assessment, Behavior Management, Education on addiction and medications that increase success rates and relapse prevention. These services are free and participants may self refer or be referred by the health care provider, employer or others.

► MICHIGAN TOBACCO QUIT LINE – 1-800-480-QUIT (7848)

A free service offering patients a professionally trained smoking cessation coach 24 hours a day. Callers receive information, a Quit Kit, local referrals, and can qualify for ongoing counseling to help them quit.

Providers may fax patient referrals to: 1-877-747-9528. Fax referral forms are available at www.michigancancer.org/WhatWeDo/tob-providerstoolkit.cfm.

▶ **FREE MICHIGAN QUIT KITS:** 1-800-537-5666 or www.healthymichigan.com

▶ **Centers for Disease Control and Prevention:** [Quit Smoking](#) | [OSH](#) | [CDC](#): Get cessation materials and tobacco information.

▶ **Quit Net:** www.quitnet.com: Quit Net offers cessation information and support chat rooms.

▶ **Why Quit:** www.WhyQuit.com: Why Quit offers motivation, education, support for quitting Cold Turkey.

▶ **Nicotine Anonymous:** www.nicotine-anonymous.org: Information, support, and literature.

▶ **American Lung Association of Michigan:** [Freedom from Smoking](#): an on-line smoking cessation program.

▶ **American Cancer Society:** www.cancer.org 1-800-227-2345

▶ **American Heart Association:** www.americanheart.org 1-800-242-8721

